

SHUTTLE MENU STS-115

JOE TANNER, MS-1 (BLUE)

Meal	Days 1* & 13**	Day 2	Day 3	Day 4	Day 5
A	Scrambled Eggs (R) Cheese Grits (FF) Granola Bar (NF) Almonds (NF) Vanilla Breakfast Drink (B) Orange Drink (B)	Sausage Pattie (R) Scrambled Eggs (R) Breakfast Roll (FF) Granola Bar (NF) Vanilla Breakfast Drink (B) Orange Drink (B)	Dried Apricots (IM) Oatmeal w/Raisins (R) Grits w/Butter (R) Breakfast Roll (FF) Strawberry Breakfast Drink (B) Orange-Grapefruit Drink (B)	Blueberry-Raspberry Yogurt (FF) Breakfast Roll (FF) Chocolate Breakfast Drink (B) Fruit Cocktail (I) Granola Bar (NF) Oatmeal w/Brown Sugar (R) Power Bar (FF) Beef Jerky (FF) Orange Drink (B) x2	Dried Apricots (IM) Scrambled Eggs (R) Granola w/Raisins (R) Cheese Grits (FF) Peaches (I) Orange Drink (B) Orange-Grapefruit Drink (B)
B	NO MEAL	Vegetarian Vegetable Soup (I) Smoked Turkey (I) Tortilla (FF) X2 Peaches (I) Apple (FF) Almonds (NF) Lemonade (B) X2	Split Pea Soup (I) Grilled Pork Chop (I) Candied Yams (I) Pasta Vegetable Parmesan (R) Applesauce (I) Brownie (NF) Lemonade (B) X2	(NO MEAL REQUESTED)	Shrimp Cocktail (R) Chicken Strips w/Salsa (I) Rice Pilaf (R) Crackers (NF) Applesauce (I) Peanuts (NF) Lemonade (B) X2
C	Teriyaki Chicken (R) Spicy Chicken & Vegetables (R) Rice w/Butter (I) Butter Cookies (NF) Lemonade (B) X2	Shrimp Cocktail (R) Meatloaf (I) Mashed Potatoes (R) Broccoli au Gratin (R) Pears (I) Tapioca Pudding (I) Candy Coated Chocolates (NF) Lemonade (B) X2	Chicken Noodle Soup (I) Red Beans & Rice (I) Peanut Butter (I) Grape Jelly (I) Tortilla (FF) X2 Shortbread Cookies (NF) Lemonade (B) X2	Vegetarian Vegetable Soup (I) Teriyaki Beef Steak (I) Candied Yams (I) Creamed Spinach (R) Tortilla (FF) X2 Cherry Blueberry Cobbler (I) Candy Coated Chocolates (NF) Lemonade (B) X2	Chicken Noodle Soup (I) Turkey Tetrizzini (R) X2 Corn (R) Green Beans w/ Mushroom Pears (I) Bread Pudding (I) Lemonade (B) X2

*Day 1 consists of Meal C only

**Day 13 consists of Meal A only

(B) - Beverage, (FF) - Fresh Food, (I) - Irradiated, (IM) - Intermediate Moisture, (NF) - Natural Form, (R) - Rehydratable, (I) - Thermostabilized

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Meal	Day 6	Day 7	Day 8	Day 9	Day 10
A	Blueberry-Raspberry Yogurt (FF) Seasoned Scrambled Eggs (R) Bran Chex (R) Cheese Grits (FF) Peaches (I) Granola Bar (NF) Orange Drink (B) Grapefruit Drink (B)	Blueberry-Raspberry Yogurt (FF) Beef Jerky (FF) Breakfast Roll (FF) Oatmeal w/Raisins (R) Fruit Cocktail (I) Chocolate Breakfast Drink (B) Granola Bar (NF) Power Bar (FF) Orange Drink (B) x2	Dried Peaches (IM) Breakfast Sausage Links (I) Oatmeal w/Brown Sugar (R) Fruit Cocktail (I) Chocolate Breakfast Drink (B) Orange Drink (B)	Sausage Pattie (R) Seasoned Scrambled Eggs (R) Grits w/Butter (R) Pears (I) Almonds (NF) Orange Drink (B) Grapefruit Drink (B)	Oatmeal w/Raisins (R) Granola (R) Breakfast Roll (FF) Fruit Cocktail (I) Strawberry Breakfast Drink Orange Drink (B)
B	Sweet & Sour Chicken (R) Teriyaki Chicken (R) Apple (FF) Butterscotch Pudding (I) Almonds (NF) Lemon-Lime Drink (B) X2	(NO MEAL REQUESTED)	Shrimp Cocktail (R) Beef Stew (I) Macaroni & Cheese (R) Tortilla (FF) Tapioca Pudding (I) Almonds (NF) Tropical Punch (B) X2	Chicken Teriyaki (I) Red Beans & Rice (I) Tortilla (FF) X2 Fruit Cocktail (I) Butter Cookies (NF) Tapioca Pudding (I) Tropical Punch (B) Lemonade (B)	Shrimp Cocktail (R) BBQ Beef Brisket (I) Tortilla (FF) X2 Almonds (NF) Candy Coated Chocolates (I) Vanilla Pudding (I) Lemonade (B) X2
C	Shrimp Cocktail (R) Potato Soup (I) Beef Stroganoff w/Noodles (R) X2 Beef Ravioli (I) Cauliflower w/Cheese (R) Chocolate Pudding (I) Brownie (NF) Lemonade (B) X2	Chicken Fajitas (I) Beef Fajitas (I) Beef Enchiladas (I) Tortilla (FF) X2 Candy Coated Chocolates (NF) Lemon-Lime Drink (B) Lemonade (B)	Mushroom Soup (R) Spicy Chicken & Vegetables (R) X2 Tofu w/Hoisin Sauce (I) Corn (R) Strawberries (R) Brownie (NF) Lemonade (B) X2	Shrimp Cocktail (R) Vegetarian Vegetable Soup (I) Grilled Pork Chop (I) Mashed Potatoes (R) Peanuts (NF) Peaches (I) Applesauce (I) Lemon-Lime Drink (B) Lemonade (B)	Shrimp Cocktail (R) Minestrone Soup (I) Lasagna w/Meat (I) Beef Ravioli (I) Italian Vegetables (R) Shortbread Cookies (NF) Tropical Punch (B) Lemon-Lime Drink (B)

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Meal	Day 11	Day 12
A	Sausage Pattie (R) Scrambled Eggs (R) Breakfast Roll (FF) Granola Bar (NF) Vanilla Breakfast Drink (B) Orange Drink (B)	Dried Apricots (IM) Scrambled Eggs (R) Granola w/Raisins (R) Cheese Grits (FF) Peaches (I) Orange Drink (B) Orange-Grapefruit Drink (B)
B	Vegetarian Vegetable Soup (I) Smoked Turkey (I) Tortilla (FF) X2 Peaches (I) Apple (FF) Almonds (NF) Lemonade (B) X2	Shrimp Cocktail (R) Chicken Strips w/Salsa (I) Rice Pilaf (R) Crackers (NF) Applesauce (I) Peanuts (NF) Lemonade (B) X2
C	Shrimp Cocktail (R) Meatloaf (I) Mashed Potatoes (R) Broccoli au Gratin (R) Pears (I) Tapioca Pudding (I) Candy Coated Chocolates (NF) Lemonade (B) X2	Chicken Noodle Soup (I) Turkey Tetrazzini (R) X2 Corn (R) Asparagus (R) Pears (I) Bread Pudding (I) Lemonade (B) X2